

## Managing Energy - Breakout Exercise Information

### ***EXERCISE 1: Preparing to Lead***

As you're getting ready to lead, notice which one of the four archetypes is predominant.

If you have any dominant parts in you that may want to take over:

- Visualize that part inside you.
- Find out what he/she/it needs.
- Make an agreement to help with that need, at a time afterwards, when you're not leading.
- Ask if they will step aside, take a nap, etc.
  - If they are a young part, either find another part to occupy them, or give them something to occupy them, like a puzzle to work on.

### ***EXERCISE 2: Managing your own energy***

While you're leading, notice the following. Are you:

- Reacting to someone or to what's going on?
- Wanting to control?
- Wanting to lash out or punish?
- Lost or confused?
- Frozen (deer in the headlights)?
- Tending towards want to please or ingratiate someone or the group?

Noticing our emotional energy: Are you: Angry? Afraid? Sorrowful? Joyful?

What is the dominant archetype you are experiencing?

### ***EXERCISE 3: Managing Other's Energy***

First assess the energy. Is he:

- Agitated? Belligerent? Disruptive? Attempting to dominate or control?  
Trying to drive his agenda?
- Angry? Afraid? Sorrowful?

You can also notice which of the four archetypes appears to be predominant in him.

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Assess your energy and emotional state (see Managing Your Own Energy above).

Ask what he needs. Then, two choices:

- If it's something that would help the group in moving forwards, then find a way to incorporate it into what you're doing.
- If it's a personal need that's not related to what the group is doing, then see if you can make an agreement for him to address that later, either with you (if it involves you) or in some other outside way.